

## Canteen Menu - Mosman Public School

Sandwiches & Toasties	
Cheese	3.75
Cheese & Tomato	4.00
Cheese & Vegemite	3.75
Ham	3.75
Ham & Cheese	4.50
Ham, Cheese, Tomato	5.00
Salad (lettuce, cucumber, tomato & carrot)	4.50
Ham & Salad	5.00
Cheese & Salad	5.00
Tuna	4.00
Tuna & Mayo	4.50
Chicken (chicken, cheese, lettuce & mayo)	5.50
Vegemite	3.00
Vegemite & Cheese	3.75
Honey	3.00
Butter	2.50
GF Chicken & Cheese	6.00
GF Ham	4.75
GF Ham & Cheese	5.00

Hot Food	
Lasange	5.50
Basmatic Rice tub	2.00
Croissant	4.00
Croissant with Ham & Cheese	5.50
Sausage roll	5.00
Meat Pie	5.50
Tomato Sauce	0.25

Wraps	
Chicken, cheese, lettuce & mayo	5.00
Chicken & cheese	5.00
Chicken & lettuce	5.00
Vegetarian (hummus, cheese, tomato, lettuce, cucumber, carrot)	5.00
Tuna (mayo, cheese, lettuce)	5.00
Teacher's Chicken Wrap (hummus, chicken, cheese, tomato, lettuce, cucumber, carrot, avocado, salt & pepper)	7.50
Teacher's Vegetarian Wrap (hummus, cheese, tomato, lettuce, cucumber, carrot, avocado, salt & pepper)	6.50

Snacks	
Crispy Fruits (100% freeze dried fruit) apple, pineapple, strawberry, mango	2.00
Popcorn, fresh air popped	0.50
Bread sticks plain x 2	0.50
Oat Slice	1.00
Muffin (plain)	2.50
Banana Bread	2.20
Cheesymite scroll	2.70
Garlic Roll	2.50
Garlic bread (wholemeal)	1.00
Grain waves (sour cream & chives)	2.50
Red rock deli chips	2.50
Mamee noodle snacks	1.00

Fruit & Vegetables	
Apple - red or green	1.50
Banana	1.50
Mandarin (seasonal)	1.00
Orange (quartered)	1.50
Carrots (small bag)	0.75
Cucumber (small bag)	0.75
Vege sticks with hummus (carrot & cucumber)	2.50
Hummus pot	0.50

Drinks	
Just Juice (apple, orange & mango, apple & blackcurrant, paradise punch)	2.00
Flavoured Milk (strawberry or chocolate)	3.00
Juice Bomb/Glee 100% sparkling juice (watermelon, blackcurrant burst, bubblegum grape, lemonade)	3.00

Frozen Items	
Juice Tube (lemonade, orange, tropical, wild berry)	2.00
Quelch (various flavours)	1.00
Frozen pineapple ring	0.50

Class Options	
Juice Tube (lemonade, orange, tropical, wild berry)	1.70
Muffin (vanilla or chocolate)	2.00

Daily Options	
<b>Monday</b>	
Hot Dogs, continental style (add tomato sauce, cheese, mustard)	4.70
<b>Tuesday</b>	
Nachos (beef mince with taco seasoning & corn chips)	5.50
<b>Wednesday</b>	
Sushi Roll (tuna, teriyaki chicken, avocado or cucumber)	5.20
<b>Thursday</b>	
Butter Chicken with rice (chicken breast in mild sauce with basmati rice)	5.50
<b>Friday</b>	
Sushi Roll (tuna, teriyaki chicken, avocado or cucumber)	5.20

## STAFF Canteen Menu - Mosman Public School

Sandwiches & Toasties	
Cheese	3.50
Cheese & tomato	3.75
Chicken & avocado	4.50
Cheese & Salad	4.00
Ham & Salad	4.50
Ham, Cheese, Tomato	4.50
Salad	4.00
Salad sandwich with mayo	4.00
Chicken & Cheese	4.50
Chicken (chicken, cheese, Ham)	4.50 3.50
Ham & Cheese	4.20
Ham, cheese & tomato	4.50
Vegemite	2.20
Vegemite & Cheese	3.50
Tuna	3.50
Tuna & Mayo	4.00
GF Chicken & cheese	6.00
GF Tomato & cheese	4.50

Hot Food	
Lasagne	4.50
Basmati Rice tub	2.00
Croissant	4.00
Croissant with Ham & Cheese	4.50
Sausage roll	4.00
Meat Pie	4.00
Tomato Sauce	0.25

Wraps	
Chicken, cheese, lettuce & mayo	4.50
Chicken & cheese	4.50
Chicken & lettuce	4.50
Chicken, lettuce & mayo	4.50
Vegetarian (hummus, cheese, tomato, lettuce, cucumber, carrot)	4.00
Tuna (mayo, cheese, lettuce)	4.00
Teacher's Chicken Wrap (hummus, chicken, cheese, tomato, lettuce, cucumber, carrot, avocado, salt & pepper)	6.50
Teacher's Vegetarian Wrap (hummus, cheese, tomato, lettuce, cucumber, carrot, avocado, salt & pepper)	6.00

Salad Bowls	
Teachers Chicken Salad Bowl	6.50
Teachers Vegetarian Salad Bowl	6.00

Snacks	
Crispy Fruits (100% freeze dried fruit) apple, pineapple, strawberry, mango	1.70
Banana Bread	1.50
Oat Slice	0.80
Muffin (plain)	2.00
Cheesymite scroll	2.20
Garlic Roll	1.50
Grain waves (sour cream & chives)	2.00
Red rock deli chips	2.00
Mamee noodle snacks	1.00

Fruit & Vegetables	
Fruit (incl. apples, oranges, banana, mandarin)	1.50
Carrots (small bag)	0.60
Cucumber (small bag)	0.60
Vege sticks with hummus (carrot & Hummus pot)	2.00 0.30

Drinks	
Just Juice (apple, orange & mango, apple & blackcurrant, paradise punch)	1.50
Flavoured Milk (strawberry or chocolate)	2.50
Juice Bomb/Glee 100% sparkling juice (watermelon, blackcurrant burst, bubblegum grape, lemonade)	2.00

Frozen Items	
Juice Tube (lemonade, orange, tropical, wild berry)	2.00
Quelch (various flavours)	1.00
Frozen pineapple ring	0.50

Daily Options	
<b>Monday</b>	
Hot Dogs, continental style (add tomato sauce, cheese, mustard)	3.50
<b>Tuesday</b>	
Nachos (beef mince with taco seasoning & corn chips)	5.50
<b>Wednesday</b>	
Sushi Roll (tuna, teriyaki chicken, avocado or cucumber)	4.90
<b>Thursday</b>	
Butter Chicken with rice (chicken breast in mild sauce with basmati rice)	4.50
<b>Friday</b>	
Sushi Roll (tuna, teriyaki chicken, avocado or cucumber)	4.90